



First Nations Health Authority
Health through wellness

Supports for Individuals Experiencing Racism in Health Care

The release of Mary Ellen Turpel-Lafond's report, *[In Plain Sight: An independent investigation into Indigenous-specific discrimination in B.C. health care](#)* may trigger distress, bring back traumatic memories or feelings resulting from negative experiences in health care for many Indigenous people, for providers and others involved in the health system.

The First Nations Health Authority (FNHA) acknowledges that thousands of individuals bravely came forward to share their stories, and we want those individuals to know trauma-informed and culturally safe help is available.

The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health counselling services. Elders or Traditional Healers provide cultural supports or Indigenous healing practices. Clients are supported in reclaiming ways of taking care of themselves, their families, their communities and their nations.

THE FOLLOWING RESOURCES ARE AVAILABLE:

- **Tsow Tun Le Lum:** Phone 1-888-403-3123 to access the following cultural supports Levi Martin, James Quatell and Mike Kelly.
- **Indian Residential School Survivors Society (IRSSS):** at 1-800-721-0066 or 604-985-4464 to access the following cultural supports: Sadie McPhee, Gertie Pierre or Yvonne Rigby Jones. Emotional mental health and counselling services will be accessible from the IRSSS Resolution Health Support Workers.
- **The KUU-US Crisis Line Society:** operates a 24-hour provincial Aboriginal crisis line for adults and Elders at 250-723-4050, children and youth at 250-723-2040. Toll-free 1-800-588-8717.
- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:** toll-free at 1-855-242-3310 or through hopeforwellness.ca.
- **The Métis Crisis Line:** available 24 hours a day at 1-833-MétisBC, 1-833-638-4722.
- Wellness resources are also available on the [individuals' page of the FNHA's COVID-19 web section](#).

We encourage anyone who is experiencing distress at this time to access these resources and to share them with your communities, families, Elders and any other loved ones who may need culturally safe support.